

EMPLOYEE ASSISTANCE PROGRAM

Life is not always easy. Problems arise that can affect us physically, emotionally, or spiritually. Sometimes it helps to talk things out.

The Employee Assistance Program (EAP) offers professional, confidential assistance with personal problems. The program is provided through the City's Department of Health and Human Services, and it is available to all City employees and their immediate family members. The EAP has trained counselors who can assist you with:

- Marriage or family relationships
- Work-related problems
- Financial or legal difficulties
- Stress, anxiety, or depression
- Alcohol or drug dependency
- Locating community resources, such as child daycare.

If your counselor thinks you should have further professional help, he or she will refer you to the services you need.

Be assured that your counseling is completely confidential. Your supervisor will not be aware of your participation unless you request it, and nothing about the EAP will be placed in your personnel file.



**CALL AN
EAP
COUNSELOR**

To speak with an EAP
counselor, call 570-4100
Monday-Friday. EAP services are
provided at no cost to you.